



YEAR IN REVIEW

This year in review breaks down five main areas of our lives. Some might overlap and that's okay. Spend time on each topic and truly look back at the year for each question you are focusing on. Don't use this review to beat yourself up about what you didn't accomplish. Use it to learn and grow.

#1 Physical

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#2 Financial

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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When you are looking at the relationships in your life to answer this one, I recommend looking at your closest relationships individually and then relationships in general.

#3 Relational

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#4 Professional

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#5 Emotional

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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Journaling Questions

What made 2020 such a bad year for me? A good year? Yes, there are probably answers to both of these.

If I could do 2020 over again, what would I have done differently that was in my control.

What/how do I feel right now about life?

If life was perfect, 2021 would bring me...

My goals and dreams for 2020 were...



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Journaling Questions

I accomplished _____ in 2020. List absolutely everything regardless of whether it is a big thing or something you may see as minuscule.

The person I want to be in 2021 is...

I want to accomplish _____ in 2021.

Now, for every individual thing you want to accomplish, answer these questions:

My attitude needs to be _____ to accomplish _____.



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Journaling Questions

My efforts needed to accomplish _____ needs to be _____. Now break it down more. What efforts do you need to make to accomplish the bigger efforts you just listed? Keep going. What efforts do you need to make to accomplish those efforts? Break it down until you can't get any smaller tasks.

If I don't accomplish _____, my year will end up _____.

If I accomplish _____, my year will end up _____.
